

Spring 2017

It is better to be hated for what you are than to be loved for what you are not.

—André Gide

Mountain Couple's Show Gaining Listeners

A variety show based at the storied Tudor House in Lake Arrowhead is attracting radio listeners across the country.

American Parlor Songbook began in 2012 as a 30-minute podcast produced by acclaimed composer JP Houston and his wife, comedian/actress Julie Van Dusen.

At the time, the pair were living in Joshua Tree and recording their show in a hotel lounge in Palm Springs.

JP said he and Julie created the show because they wanted a venue where they could combine their talents to entertain people.

"After a few months, people started telling us the show was a good fit for NPR (National Public Radio), so we started looking around for a home radio station to make this a broadcast show," he said.

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Institute Aids People with Vision Loss

Imagine learning to see again without your eyes. In a way, that's what those who lose their sight must do.

Thankfully, San Bernardino County residents who lose their vision or become legally blind have access to Braille Institute—a well-known nonprofit that can help guide them back to their normal lives

The local branch of the organization is located in Rancho Mirage. It serves more than 80,000 residents in San Bernardino, Riverside and Imperial counties through outreach services, including classes, counseling, mobility training and in-home services to help them overcome the challenges of vision loss.

The Braille Institute will be hosting a series of outreach classes at the Gibson Senior Center in May. For more information, contact the center at (909) 981-4501.

Clients range from children who have been blind since birth to adults stricken blind by illnesses such as diabetes or through accidents. Either way, the Braille Institute has one key goal.

"It's about you keeping your independence and being able to be self sufficient," Orientation and Mobility Specialist Angela Rojas said.

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KVCR in San Bernardino picked up the program, and JP and Julie moved to Crestline after discovering the Tudor House, a former speakeasy that had recently re-opened as an entertainment venue.

The historic location was the perfect spot for their show, which features musical acts, comedians, skits by JP and Julie, audience games and more.

After doing a season of half-hour shows, the couple expanded the show to an hour and made the show available for syndication on PRX—an online marketplace for public radio programs.

Today, the show can be heard on five public radio stations in Southern California as well as stations in Alaska, Illinois, Missouri and Florida.

"We have been meeting with program directors from throughout the country," JP said. "I think we are on track to add a few more stations this season."

American Parlor Songbook features JP on piano performing original songs with lyrics often sprinkled with current events.

He and his wife share funny stories, and they've also developed recurring characters their audiences have come to love.

Fictional characters Martha and Windell—a very, very old married couple that performed in Hollywood many moons ago—close out all of the program's shows with their witty banter and whimsical voices.

BRAILLE, PAGE 1

Rojas, who joined the organization eight years ago, teaches clients how to use sound to determine their location—a process known as echolocation that many associate with bats. She also teaches them to feel their surroundings to avoid things like open cabinets and out-of-place objects.

"You really have to start tuning into all the different senses that you have," she said.

Some clients have a better grasp on how to live without sight because they have been blind most of their lives, but those who lose their vision later in life have a more difficult time adjusting, as do their families.

"It's not just an adjustment for the person dealing with the visual impairment," Rojas said. "It's sort of like going through a loss. That person you have known for so long has changed."

JP and Julie began developing the characters several years ago after discovering them while joking around one evening before bed.

"The characters have a story arch over the years, and we've been slowly filling in the details," JP said.

While American Parlor Songbook is based at the Tudor House, JP and Julie also take their act on the road and record some shows in the studio.

JP said the live shows offer a bit more than the edited one-hour versions that radio listeners get.

The live shows typically last about an hour and a half and include more music and comedy routines than the radio version.

JP and Julie also play games with the audience. In one, JP plays background music from a movie and sings made-up lyrics that give clues about the movie the song is from. Audience members guess the tune to win prizes.

Radio listeners also don't get the full experience of visiting the historic Tudor House.

"It's a really beautiful, cool thing," JP said. "Everyone is always eager to tell you the secret backstory."

According to mountain lore, mobster Benjamin "Bugsy" Siegel operated a casino and speakeasy at the stately home where an underground tunnel led guests to a brothel across the street.

Check out American Parlor Songbook by visiting http://www.AmericanParlorSongbook.com.

Braille Institute counselors and support groups help clients as well as their families make those adjustments, and over time, most of those who seek the nonprofit's support begin to see improvements in their lives.

"I don't even have a word for it," Rojas said. "It's pretty wonderful to see someone come out of such a dark place."

The organization also provides clients with access to a range of library services that allow those with vision difficulties to listen to books or view large text books and books in braille

The Braille Institute is funded through private donations, and it provides services to clients free of charge. Learn more about the organization at www.brailleinstitute.org/ranchomirage or by calling (760) 321-1111.

ARMC Preps Lab Techs for Real-World

Only a select few students land spots at Arrowhead Regional Medical Center's School of Medical Technology. Those who successfully complete the school's rigorous coursework and hands-on training are almost guaranteed to secure well paying jobs in their field.

"There's a shortage of clinical laboratory scientists so there is no shortage of jobs," ARMC School of Medical Technology Program Director Ramona Fox said.

Students train alongside licensed clinical laboratory scientists at the busy hospital as they collect and test patient specimens for a wide variety of ailments and issues.

"You are placed into an actual working environment that you can't really simulate," Fox said.

Students also attend lectures where they learn about clinical chemistry, hematology, immunology, immunohematology, microbiology, molecular biology and other subjects that are critical to their field.

All of the training and coursework is necessary to ensure students have the skills and knowledge necessary to accurately perform a multitude of tests and analyses.

"Doctors may base their treatments on the results of these tests, so it's critical for the results the doctors are looking at to be accurate," Fox said. "You don't want to be treated for high blood sugar if you don't have high blood sugar."

After they have successfully completed the program, students must pass a certification exam which enables them to become licensed as a Clinical Laboratory Scientist before they can begin working in the field. The school's students have a pass rate of 100% on the American Society for Clinical Pathology Medical Laboratory Science certification exam as well as a 100% graduation and placement rate.

ARMC School of Medical Technology students pay no tuition, and the hospital also pays them slightly above minimum wage for their 40-hour per week internship during the yearlong training program.

On average, the school receives about 30 applications a year, but only three students are accepted who meet all of the prerequisites, that includes a BS degree along with coursework in chemistry, biology, mathematics and physics. Prospective students must also demonstrate a keen eye for detail and excellent communications skills.

"We look at their GPA, references, relevant job experience, and the interview can be very important, too," Fox said. "You have to have someone who understands and follows all of the regulations because this isn't a science experiment."

The San Bernardino County Medical Center—which became Arrowhead Regional Medical Center in 1999 when it moved to Colton—started the School of Medical Technology in the late 1950s. It was closed due to budget constraints in 1995, but it was reopened in 2007 because the Laboratory's medical director realized the growing need for medical technologists.

Visit <u>www.arrowheadmedcenter.org</u> to learn more about the school and ARMC.

2nd District Trivia

Last Issue's Answer: I-210 becomes State Route 210 after it crosses into San Bernardino County from Los Angeles County.

Question: What agency deeded Lake Gregory to San Bernardino County in 1977 after the park began losing money?

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Upcoming Events

April 21	The Fontana Community Assistance Program will hosts its 14th annual Resource Faire from 10 a.m. to 2:30 p.m. at Jack Bulik Park, 16581 Filbert Street, Fontana. Representatives from more than 100 community assistance organizations will be on hand to talk to residents about various services available to them. Call CAP at (909) 803-1059 ext. 2208 for more information.
April 28	Join Second District Supervisor Janice Rutherford and San Bernardino County Interim CEO Dena Smith for breakfast and conversation from 7:30 to 9 a.m. at the Landecena Community Center, 1325 San Bernardino Road, Upland. Wicked Cow Burgers and Brew will cater the event. The breakfast costs \$10. Only cash or checks can be accepted.
April 28-30	The Upland Lemon Festival has been an Upland tradition since 1997. What originally started as a small celebration of the city's citrus industry origins has grown into a town-wide affair including the Lemon Idol singing contest, delicious (and sometimes messy) food competitions, carnival rides, games and support of local businesses. The event takes place in downtown Upland from 3 to 11 p.m. on Friday, 10 a.m. to 11 p.m. on Saturday, and 10 a.m. to 10 p.m. on Sunday. Entrance is free.
May 5	The City of Rancho Cucamonga will host a Cinco de Mayo celebration in partnership with the Northtown Housing Corporation from 1 to 6 p.m. at Old Town Park, 10033 Feron Boulevard, Ranch Cucamogna. This free event features live entertainment, lots of great Mexican food, and the 12th annual Salsa Recipe Contest. Call (909) 980-0465 for information.
May 5-6	The Fontana Youth Community Theater will present Disney's Aladdin Jr. at 5:30 p.m. and 8 p.m. Saturday, and 2 p.m. and 6 p.m. Sunday at the Steelworkers' Auditorium, 8437 Sierra Avenue, Fontana. Call (909) 429-7469 for ticket information.
May 6	The Running Springs Chamber of Commerce will kick off the start of its monthly Farmers Market and Artisan Faire from 10 a.m. to 2 p.m. at 2625 Whispering Pines Drive. Vendors will have fresh fruit, produce, food and other items for sale. This event will occur every Saturday during the same times until September 30.
May 6	Join the Friends of Upland Animal Shelter and the dozens of rescue organizations and vendors that will be showcasing their adoptable pets from 10 a.m. to 3:30 p.m. at Memorial Park located on Foothill Boulevard between Hospital Way and Grove Avenue. Enjoy live entertainment, pet demonstrations, a silent auction, raffle prizes, vendors, and much more. Bring your pets to take advantage of low-cost vaccinations from Pet Crusade Animal Health, Inc. For more information or to participate as a vendor or sponsor, please contact Stephanie Mann at (909) 931-4300
May 9	The City of Rancho Cucamogna will kick off its Movies in Town Square with "Finding Dory" at dusk at Victoria Garden's Chaffey Town Square, 12505 Cultural Center Drive, Rancho Cucamogna. Enjoy a free movie with the family. Movies in Town Square will take place Tuesdays at the same location throughout the spring. Call (909) 919-2628 for more information.
May 19	The Lake Arrowhead Village will kick off its summer concert series at 6:30 p.m. with Southbound—an Allman Brothers tribute band. The concert series takes place on Friday and Saturday nights throughout the summer. The Lake Arrowhead Village is located at 28200 State Route 189. Visit www.thelakearrowheadvillage.com for more information.
May 20	The Founders' Day Celebration will be held from 10 a.m. to 2 p.m. in historic downtown Upland. Learn all about the city's rich history during this free annual event.
May 20	The 12th annual Cucamogna Challenge begins at 6 a.m. on the Pacific Electric Trail's Central Park entrance. Participants can choose from a 5k/10k walk/run, 25-mile bike ride or a 50-mile bike ride. Visit www.petrail.org for information about this event.
May 27	Rancho Cucamong Library Services will present Star War Reads from 11 a.m. to 6 p.m. at the Biane Library at Victoria Gardens. Enjoy Star Wars-theme entertainment and more during this free, family friendly event. Call (909) 477-2720 for more information.
June 3	The 62nd annual Fontana Days Run will take place in the City of Fontana. The event features a Half Marathon, 5K Run, 5K Race Walk, 5K Family Fitness Walk, and a Children's Half Mile Dash. Finish Line festivities include local vendors, exhibitors, entertainment, and food.
	Fontana's Half Marathon Run is known as the fastest Half Marathon due to the gradual downward slope of the course as well as one of the oldest Half Marathons in the United States. There is an elevated drop of 2,125 feet from start to finish and because of this, most participants are able to record their personal record time in Fontana. Call (909) 349-6900 for more information.
June 7	The Fontana Car Show will take place from 5 to 9 p.m. at Civic Center Campus, 8353 Sierra Avenue. Enjoy classic cars, food vendors, live entertainment and more. Call (909) 349-6900 for more information.
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Dates and times are subject to change without notice. Please contact Supervisor Rutherford's office at (909) 387-4833 if you have any questions or suggestions for the Events Calendar. You can view information about more local events on Supervisor Rutherford's home page at www.sbcounty.gov/rutherford.